

# He Is Risen!

Matthew 28:1-15; Mark 16:1-14; Luke 24:1-49; John 20:1-31; *The Desire of Ages*, pp. 769-808

**H**ave you ever been disappointed because you expected something special? Something you were sure would happen, but didn't?

*The disciples had hoped for all kinds of special things in Jesus' kingdom. Then Jesus died. What would happen next?*

**A**fter suffering greatly, Jesus died on the cross Friday afternoon. Even though He was dead, the priests still worried. So the priests assigned 100 soldiers to guard the tomb where He lay.

Early Sunday morning, an earthquake suddenly shook the ground around the tomb. A mighty angel, as bright as lightning, appeared and rolled the stone away. The soldiers stared as Jesus stepped out of the tomb. Filled with fear, they fell to the ground. They knew then that they had crucified the Son of God!

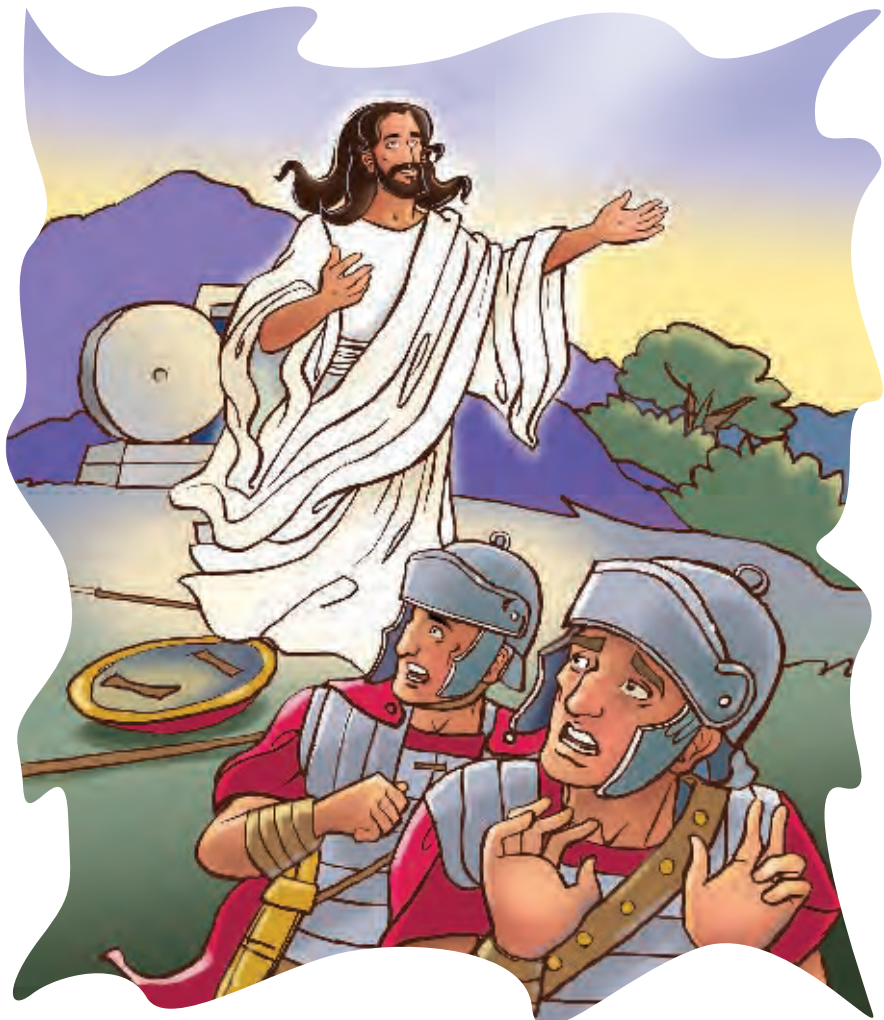
Quickly, the soldiers ran to the city and told everyone they met what they had seen. Some of the soldiers reported to the chief priests. They described the earthquake. They described how the angel had rolled away the huge stone. They told about seeing Jesus come out of the tomb—alive!

The priests' faces turned white. They were so

frightened. The people must not be told that Jesus is alive, they thought.

Stunned, Caiaphas, the high priest, could hardly speak. "Wait! Wait!" he called as the soldiers turned to leave. "You must not tell anyone what you have seen. Say that His disciples came by night and took Him away while you slept."

The soldiers were horrified! If they said they were asleep at their post, they could be killed!



## The Message

*Because He lives again, I can choose to have a happy future with Jesus!*

## Memory Verse

**“ ‘ He is not here;  
he has risen!’ ”**

**(Luke 24:6, NIV).**

The priests knew what the soldiers were thinking. Quickly, they promised them money. They would ask Pilate to protect the soldiers.

Pilate questioned the soldiers. They told him about the earthquake and the angel. They described Jesus as He stepped outside the tomb—alive again! Pilate knew then that He had condemned Jesus wrongly. But instead of admitting it, he agreed to protect the soldiers.



Shortly after the soldiers left for the city, Mary Magdalene arrived at the tomb. She found it empty and hurried away to tell the disciples.

Other women also went to the tomb that morning. But Jesus wasn't there!

Gently, the angel who had rolled away the stone spoke to the women. "Don't be afraid. He is not here. He has risen just as He said He would. Go quickly and tell His friends. Jesus will meet you all in Galilee."

These women hurried away to Jesus' disciples.

When Mary Magdalene told the disciples that Jesus had been taken away, Peter and John hurried to the tomb. Mary followed them. When they returned to Jerusalem, she stayed behind.

Filled with grief, she wept as she looked into the empty tomb. There she saw two angels. "Woman, why are you crying?" asked one.

"Because they have taken my Lord away," she replied. Weeping, she turned away.

Suddenly, another voice spoke to her. "Why are you crying?"

"Tell me where He is," she pleaded.

"Mary," the gentle voice spoke again. Suddenly, Mary knew. This was not a stranger. It was Jesus Himself! Filled with joy, she looked into His face. "Go and tell My disciples," He said.

And Mary found her way to the disciples with the joyful message. "Jesus is alive! He is risen. And I have seen Him."

Yes, Jesus is alive! He is our risen Saviour. And because He lives, you and I can choose to have happiness and eternal life with Jesus. And that happiness can start right now as we give ourselves to Him and accept Him as our Saviour.



## S A B B A T H

**DO** If possible, take a walk in a cemetery with your family. Notice the names of the people buried there, and when they died. How do you feel about cemeteries?

**READ** Find a comfortable place to sit and read your Bible story together. Read and discuss Luke 24:6. Then read John 11:25. How do you feel about cemeteries now? Thank God for life.

**SING** Sing "He's Alive" (*Sing for Joy*, No. 85).

## S U N D A Y

**READ** Read Luke 24:1-12 during family worship.

**DRAW** Draw pictures of a bird's egg and the hatched bird; a caterpillar and a butterfly; a seed and a small plant. How do each of these pictures remind you of Jesus' resurrection?

**DO** Write your memory verse on your picture, then shout it! Thank God for Jesus' life.

## M O N D A Y

**READ** With your family, read and discuss Luke 24:13-27. When did this happen? Where can we learn more about Jesus? (vs. 27) Ask Jesus to help you understand the Bible.

**DO** Make one stone-shaped cutout for each word of your memory verse. Write one word on each. Mix them up, then arrange them in order.

**SING** Sing "More About Jesus" (*Sing for Joy*, No. 38).

## T U E S D A Y

**READ** For family worship, read and discuss Luke 24:28-35.

**DO** Cleopas and his companion shared the good news that their Lord had risen. Did you share the story of Jesus' resurrection and give away the cup you made in Sabbath School? Tell your family about it.

**SING** Sing "Come and Praise the Lord Our King" (*Sing for Joy*, No. 5). Then thank Jesus for friends.

## W E D N E S D A Y

**SHARE** Read and discuss Luke 24:36-49 with your family.

**DO** Write a letter to Jesus. Tell Him that you believe that He is alive. That you are thankful that He rose from the tomb. That you choose to have a happy future with Him. Sign your name and read your letter to Jesus in prayer.

**DO** Arrange your memory verse cut-outs. Then shout your memory verse to your family.

## T H U R S D A Y

**DO** With your family, read and discuss John 20:19-31. Who especially had trouble believing that Jesus was alive? (verses 24, 25) Read verse 31 again. What did Jesus say? Do you believe? Tell Him so.

**DO** Pop some popcorn. What happens when the seeds get hot? Who put the power in those seeds? God puts special power in us too when we believe in Jesus—resurrection power! Read Ephesians 1:18-20. Then say your memory verse from memory.





## F R I D A Y

**DO** During family worship make a shoe box scene of Jesus coming out of the tomb. Make a tomb of rock or clay. Make cutouts of Jesus, the angel, and the soldiers. Tell the resurrection story to your family as you work.

**DO** Read Matthew 28:1 together. Jesus rose at dawn on the \_\_\_\_\_ day of the week. What day is that on your calendar?\*

Why did Jesus rest in the tomb between Friday and Sunday?

**DO** Say your memory verse with your family.

**SING** Sing "This Is the Day" (Sing for Joy, No. 86), then thank Jesus for the Sabbath.

\*Calendars that follow the weekly cycle as revealed in the Bible show Sunday as the first day and Saturday as the seventh day. (The Russian calendar presents Monday as the first day and Sunday as the seventh day.)

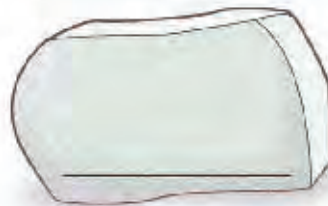
Many people  
saw Jesus alive after  
His resurrection, including Mary,  
Peter, Paul, and Stephen.



He Is Risen!

## PUZZLE

Directions: Write on the stones things that need to be rolled away in your life.



Anger  
Bitterness  
Meanness  
Unbelief  
Selfishness  
Bad Temper  
Lying  
Rudeness  
Jealousy  
Stealing  
Coveting